Infants (0-12 Months) - Core Nutrition Knowledge

Breastfeeding

- Breastfeeding is the recommended form of feeding infants.
- The American Academy of Pediatrics recommends breastfeeding for a year and for as long as is mutually desired by the mother and baby after that.
- Breastfeeding provides many benefits for mom and baby. Breastfeeding is a great
 way for mom and baby to bond. Breastfeeding can reduce a baby's risk of obesity,
 ear infections, Diabetes, Sudden Infant Death Syndrome (SIDS), among many other
 benefits. Breastfeeding can reduce a mom's risk for breast cancer, ovarian cancer,
 and Type 2 Diabetes.



Formula

• If using formula, iron-fortified formula should be provided until 1 year of age.

Preparation, Storage, and Feeding



Proper preparation and storage guidelines should be followed for formula and expressed breastmilk to help ensure its safety.

Preparation

- Hands should be washed with hot soapy water and rinsed well before preparing bottles.
- Items used to feed the infant should be washed in hot soapy water and rinsed well.
- Formula should be mixed according to the manufacturer's directions or per the directions of the infant's health care professional.



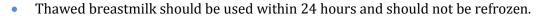
Warming Bottles

- Warm bottles by running under warm water or putting in a bowl of warm water. Turn bottles upside down a few times to help even out the temperature.
- Bottles of breastmilk or formula should not be heated in the microwave. Microwaving can cause hot spots that can burn an infant's mouth.

Storage and Thawing

Expressed Breastmilk

- Breastmilk can be stored in the refrigerator for 48 hours. Store breastmilk in the coldest part of the refrigerator (back of the refrigerator).
- Breastmilk that is not going to be used within 48 hours should be frozen.
- Breastmilk can be frozen for 3 months in a freezer with a door separate from the refrigerator.
- Breastmilk can be thawed in the refrigerator or by swirling in a bowl of warm water. Do not heat breastmilk on the stove or in the microwave. Heating destroys healthy nutrients in the milk and microwaving can cause hot spots that can burn the baby's mouth.





Formula

- Ready-to-feed and concentrate formulas should be covered and stored in the refrigerator once
 opened. Prepared ready-to-feed and concentrate formulas should be stored in the refrigerator.
 Opened or prepared ready-to-feed or concentrate formula should be discarded after being in the
 refrigerator longer than 48 hours. Prepared powdered formula should be discarded after being in the
 refrigerator longer than 24 hours.
- Unopened cans of formula should be stored at room temperature.

Feeding

- Breastmilk or formula should be the only thing put in a bottle.
- Infants should be held while feeding. Infants should not lie down when drinking from a bottle or go to bed with a bottle. Bottles should not be propped. These practices can increase the infant's risk of ear infections, baby bottle tooth decay, and choking.
- An infant should not carry a bottle around.
- Leftover formula or breastmilk should be discarded 1 hour after feeding the baby otherwise bacteria can build up and can make the infant sick.

Baby Food and beverages

- For most infants, baby foods should be introduced around 6 months of age. The infant needs to be able to sit up and hold their head up without support to prevent choking. Breastmilk or formula should continue to be provided.
- When starting new foods, one new food should be offered at a time and new foods should be offered approximately 5 days apart. If an infant is allergic to a food, this can help determine which food was the problem.
- It may take up to 15 tries before an infant tastes a new food. Continue to offer the food, but do not force.
- Infants 1 year and younger should not eat honey or foods made with honey. These foods can make babies very sick. Infants less than one year should not drink any milk, other than breastmilk or formula, as it does not contain the proper nutrients an infant needs, can be difficult to digest, and can put strain on the kidneys. Foods such as nuts, egg whites, shellfish, cow's milk may lead to allergies. Do not provide foods that could be a choking hazard such as, but not limited to hot dogs, popcorn, nuts, dried fruit, hard candy, peanut butter, whole grapes, etc.
 - Offer a cup with water, breastmilk, or formula at 6 months.



- If offering juice, do not offer more than 2-4 oz. of 100% juice per day. Offer juice in a cup at meal or snack times.
- Around 9 months of age, most infants may be introduced to finger foods such as soft or mashed cooked fruits and vegetables, chopped or soft meats, and grains such as crackers, cereal, and pasta. Prevent choking by mashing or chopping foods into small pieces and remove seeds, skin, and bones.
- An infant should be supervised by an adult when eating.

Special Health Care Needs

• Infants with special health care needs include physical, developmental, and behavioral needs that may impact an infant's breastmilk, formula, and/or food intake. Infants with special health care needs may need adjustments to their caloric intake, may not be able to consume solid foods at the recommended time due to the textures of foods, allergies, food intolerances, and/or other medical conditions, and may not know how to communicate when they are hungry or full. Infants with special health care needs must be closely monitored by their healthcare professionals which may include a Registered Dietitian, Speech Language Therapist, and an Occupational Therapist to name a few.